

# TOOLBOX TALKS

## HEARING PROTECTION

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit [cat.com/toolboxtalks](http://cat.com/toolboxtalks).

Cells and nerves in the inner ear are destroyed by continuous exposure to loud noise. If enough cells and nerves are destroyed, hearing can be permanently damaged.

### PREVENTION

- Always wear earplugs when exposed to noise for periods of time
- Reduce exposure to noise outside of the workplace
- Use sound-absorbing materials
- Do not use several noisy machines at once
- Do not drown out unwanted noise with other sounds
- If at risk for hearing loss, have your hearing tested once a year

### SELECTION OF THE RIGHT PROTECTION

Determining the proper hearing protection depends on a number of factors, including:

- The loudness of noise as measured in decibels
- The duration of your exposure to noise
- Movement between work areas with different noise levels
- Whether noise is generated from one or multiple sources

### TYPES OF HEARING PROTECTION

- **Single-Use Earplugs:** Self-forming and work as well as most molded earplugs
- **Molded Earplugs:** Must be individually fitted and can be disposable or reusable
- **Earmuffs:** Require a perfect seal around the ear

Discussion Date:

Employee Participants:

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There are a lot of moving parts on the jobsite. To find a safety topic relevant to your operation, please visit [cat.com/toolboxtalks](http://cat.com/toolboxtalks).